

EARLY HEAD START

Our EHS program offers our families support during pregnancy, Child and Family Health & Nutrition, Mental Health, Social Services; Parenting & Child Development, and Special Education support and/or referrals through:

- Quality, on campus child care 5 days per week from 7:30-4:30 for income qualified families.
- Child care 1 day per week for Independent Study students with home visits twice per month.
- OR — Weekly 1 1/2 hour home visits with the focus on parents as the child's most important teacher. Parents also participate in twice monthly group socialization activities.



The Early Head Start program is **FREE** to Income Qualified Families.

Infant/Toddler Child Care

American Legion

3801 Broadway
Sacramento, CA 95817

Elder Creek

7800 Lemon Hill Avenue
Sacramento, CA 95824

Hiram Johnson Family Education Center

3535 65th Street
Sacramento, CA 95820

Capital City Child Development Center

7220 24th Street
Sacramento, CA 95822

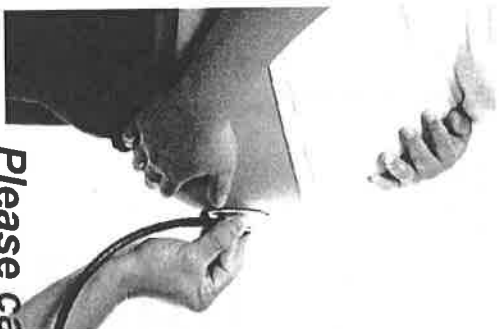
Home Visiting &

Services for Pregnant Women

For information and enrollment in all programs,

Please call Jaime @ 264-3950 x 1603

Fax (916) 433-2738



- Ten percent (10%) of children served in our program include children with diagnosed disabilities.
- Transportation is not provided
- Space is limited, parents may be placed on a wait list



The Sacramento City Unified School District

is committed in all its activities, policies, programs, and procedures to provide equal opportunity for all to avoid discrimination against any person regardless of race, sex, religion, color, national origin, disability, marital status or age.

Board of Education

Christina Pritchett
President

Jay Hansen
Vice President

Jessie Ryan
2nd Vice President

Gustavo Arroyo

Ellen Cochrane

Diana Rodriguez

Darrel Woo

Administration

Jorge Aguilar, Superintendent

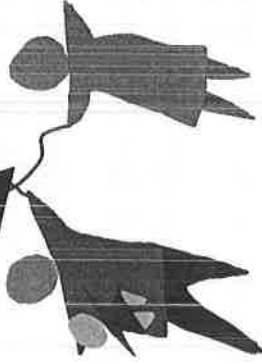
Iris Taylor, Chief Academic Officer

Jacquie Bonini, Director

Noel Estacio, Coordinator, Child Development



Together
in Care



Early Head Start



Programs for:

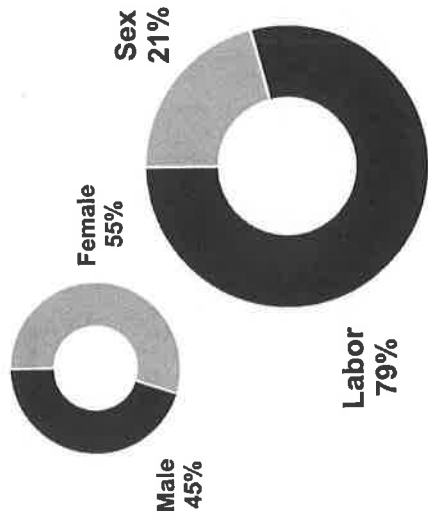
- Pregnant and Parenting
Teens & Adults
- Children 0-3

Human trafficking

is a form of modern-day slavery affecting more than 20 million people world-wide

Both labor trafficking and sex trafficking are forms of human trafficking where individuals are forced into providing labor services or commercial sex against their will. Traffickers use force, fraud or coercion to exploit victims including physical violence, threats, emotional abuse, and isolation.

Anyone can be a survivor of trafficking—men and women, children and adults, foreign nationals and United States citizens.



*The International Labour Organization

¿Que es el trafico de personas?

El trafico de personas es una forma de esclavitud moderna que afecta a mas de 20 millones de personas a nivel mundial

Nuestros Servicios

Servimos a victimas/sobrevivientes de la trata de personas ofreciendoles lo siguiente:

- Manejo de caso intensivo
- Vivienda segura
- Comida y ropa
- Asistencia Legal e Inmigración
- Servicios de interpretación
- Acceso a la salud física y mental

Servicios son gratuitos y confidenciales.

Contacto

If you Si usted cree que ha sido victima de la trata de personas o sabe de una situación actual donde esta ocurriendo, llame al

**IRC Sacramento
HOPE Program** +1 (916) 482-0120

National Human
Trafficking Hotline +1 (888) 373-7888



Sacramento HOPE Program

SERVING VICTIMS OF
HUMAN TRAFFICKING IN
NORTHERN CALIFORNIA

sacramentotrafficking@rescue.org
+1 916 482 0120

*"Our task must be to... widen our circle of
compassion to embrace all."*
-Albert Einstein

100

We provide client-centered, trauma-informed services for survivors including:

- Long-term case management

- Housing assistance

- Food and clothing

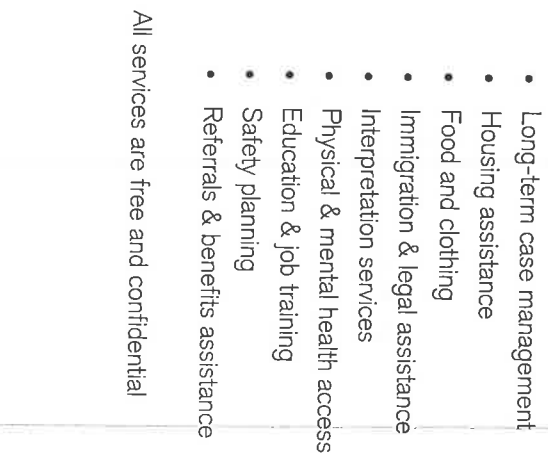
- Immigration & legal assistance

- Interpretation services

- Physical & mental health access

- Education & job training

All services are free and confidential



- Are they free to leave their home or work?
- Have they been harmed in any way?
- Is someone controlling or monitoring them?

- We provide training on human trafficking for service professionals throughout Northern California. To schedule a training for your organization:
- Email:** sacramentotraficking@rescue.org

The International Rescue Committee

onds to the world's worst humanitarian crises, leading the way from harm to home.

IRC was founded in 1983 at the request of Albert Einstein and is at work today in over 60 countries and 28 US cities. IRC helps people whose lives and livelihoods are threatened by conflict and disaster to survive, recover, and gain control of their future.



Contact Us

If you believe that you have been a victim of human trafficking or know of a current situation where human trafficking occurs, please contact

IRC Sacramento
HOPE Program
+1 (916) 482-0120

National Human
Trafficking Hotline
+1 (888) 373-7888

ELIGIBILITY

Eligible individuals include youth, ages 15 through 25, who are at risk of not achieving their educational or vocational goals, including high school dropouts and potential dropouts.

Some high at-risk characteristics include:

- Youthful offender
- Poor literacy skills
- Teen parent
- Limited English skills
- Foster or homeless youth
- Gang member/associate
- Member of a minority group
- Economically disadvantaged
- Youth with a disability

SERVICES

YEOP provides services to assist youth in achieving their educational and vocational goals. The program emphasizes education, assessment, and peer advising.

The YEOP specialists assist youth in attaining their goals through a variety of services, including:

- One-on-one peer advising.
- Résumé building.
- Job application assistance.
- Mock interviews with professional guidance.
- Referrals to volunteer opportunities.
- Career outlook and skills assessments.
- College and financial aid assistance.

YEOP STAFF

Two major components of the YEOP program are mentors and youth employment specialists.

Mentors

Employment Development Department (EDD) staff advise and counsel YEOP Specialists while providing intensive and continuous on-the-job training in the basic functions of workforce services.

YEOP Specialists

EDD staff (youth aides or student assistants) who are college students with similar at-risk characteristics are specifically assigned to the YEOP. These specialists conduct case management and serve at-risk youth for the benefit of better serving the local youth.

YEOP Specialists are trained to provide youth with services such as career assessment, peer advising, employment preparation workshops, job development, selection and referrals to education, or suitable youth employment opportunities.

***YEOP helps
you succeed.***



To learn more or to find a YEOP office near you, visit www.edd.ca.gov/YEOP

PROGRAM OVERVIEW

The Youth Employment Opportunity Program (YEOP) provides assistance to youth, ages 15 through 25, to achieve their educational and vocational goals through:

- Peer advising.
- Education and career coaching.
- Employment preparation.
- YEOP workshops.
- Referrals to job leads and training.
- Referrals to supportive services.

The program emphasizes education, assessment, peer advising, and employment.

For additional information regarding YEOP, please visit www.edd.ca.gov/YEOP



STATE OF CALIFORNIA

LABOR AND WORKFORCE DEVELOPMENT AGENCY

EMPLOYMENT DEVELOPMENT DEPARTMENT

Mark Sanders America's Job Center
2901 50th Street
Sacramento, CA 95817
916-227-0301

The EDD is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Requests for services, aids, and/or alternate formats need to be made by calling 916-654-7799 (voice). TTY users, please call the California Relay Service at 711.

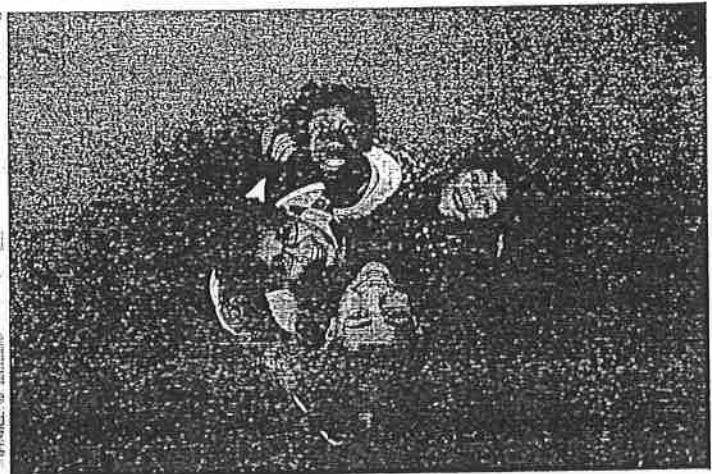
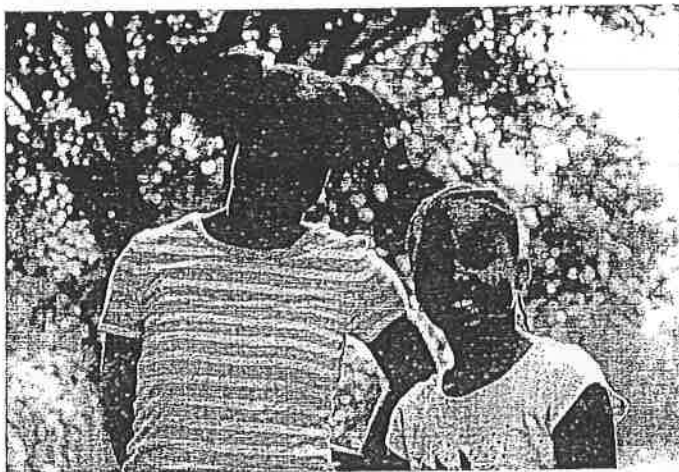


YEOP YOUTH EMPLOYMENT OPPORTUNITY PROGRAM



EDD Employment
Development
Department
State of California

CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES



What is AADDPA?

Culturally Sensitive Advocacy in Motion. The African American Developmental Disabilities Parent Alliance (AADDPA) holds monthly meetings at the UC Davis MIND Institute. The meetings offered an opportunity for a unique group of parents and caregivers to share their stories, organize, and learn to advocate for their children. Topics of discussion range from self-care to intervention, with a special emphasis on supporting parents to navigate systems to meet their child's needs at home, school, and in the community in a culturally sensitive manner.

"As an AADDPA member, my confidence level for creating opportunity for my family is continually increasing. By taking the initiative to access services and supports for positive lifestyle changes, I have become a strong advocate for my child."

—Valarie Williams

Topics Covered in Past Support Group Meetings:

- Knowing parental rights.
- Understanding Behavioral Intervention Plans.
- Understanding Special Education laws.
- Advocating for Assistive Technology.
- Balancing personal mental health with parenting.
- And much more.

We meet every month and this meeting is a free event! Dinner and childcare will be provided. RSVP is encouraged but not required to attend meetings. Please contact cjgrevious@ucdavis.edu or 916-703-0403 for more information. All families are welcomed.

UC DAVIS
MIND INSTITUTE

2825 50th Street, Sacramento CA 95817
mindinstitute.ucdavis.edu

CENTER FOR EXCELLENCE IN DEVELOPMENTAL DISABILITIES

Are you a parent of an African American child with a disability?



Come join a social network for parents and caregivers of African American children with disabilities. Our goal is to empower parents to become strong advocates for the needs of their child.

Please save these dates:

- August 23, **2017**
- September 27
- October 25
- November 8
- December 13
- January 24, **2018**
- February 28
- March 28
- April 25
- May 23
- June 27

6-8pm at the UC Davis MIND Institute Resource Center
2825 50th Street, Sacramento CA 95817

Dinner and childcare will be provided. This event is free, but pre-registration is encouraged. Please register by emailing cjgrevious@ucdavis.edu. For more information call 916-703-0403.

Parking at the MIND Institute (Lot 25) is \$3. Street parking is free.

This event is co-sponsored by the Center for Excellence in Developmental Disabilities (CEDD) and Warmline FRC/PTI.

UC DAVIS
MIND INSTITUTE
mindinstitute.ucdavis.edu



Need Help Getting Answers for:

- WHAT ARE MY RIGHTS?
- A LANDLORD REFUSED TO RENT TO ME AND MY DAUGHTER
- I CANNOT GET REPAIRS DONE
- MY LANDLORD HAS NOT RETURNED MY SECURITY DEPOSIT
- I JUST RECEIVED AN EVICTION NOTICE
- THE HEATER IN MY APARTMENT DOES NOT WORK
- I FEEL LIKE THE MANAGER IS DISCRIMINATING AGAINST ME
- I HAVE A DISABILITY. WHAT ARE MY RIGHTS?
- CAN THE LANDLORD INCREASE MY RENT?
- I AM HAVING ISSUES WITH ROOMMATES AND/OR PETS



Call: 916-389-7877

TTY: 800-855-7100

rentershelpline.org

FREE HELP WITH TENANT-LANDLORD AND FAIR HOUSING ISSUES

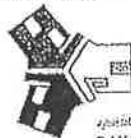
Sacramento County is dedicated to protecting the rights of renters and landlords and

City of
SACRAMENTO



RHA
RENTAL HOUSING
ASSOCIATION
of Sacramento Valley

SSH
SACRAMENTO SELF-HELP HOUSING



RANCHO CORDOVA
CALIFORNIA



SACRAMENTO
COUNTY

CITRUS
HEIGHTS
CALIFORNIA



Нужна помощь получить ответы на вопросы:

- КАКОВЫ МОИ ПРАВА?
- АРЕНДОДАТЕЛЬ ОТКАЗАЛСЯ АРЕНДОВАТЬ ДЛЯ МЕНЯ И МОЕГО РЕБЁНКА
- МНЕ НЕ ДЕЛАЮТ РЕМОНТ
- АРЕНДОДАТЕЛЬ НЕ ВОЗВРАТИЛ МНЕ ДЕПОЗИТ
- Я ПОЛУЧИЛ УВЕДОМЛЕНИЕ О ВЫСЕЛЕНИИ
- ОБОГРЕВАТЕЛЬ В МОЕЙ КВАРТИРЕ НЕ РАБОТАЕТ
- МЕНЕДЖЕР МЕНЯ ДИСКРИМИНИРУЕТ
- У МЕНЯ ИНВАЛИДНОСТЬ. КАКОВЫ МОИ ПРАВА?
- МОЖЕТ ЛИ АРЕНДОДАТЕЛЬ ПОВЫСИТЬ ПЛАТУ ЗА АРЕНДУ?
- У МЕНЯ ПРОБЛЕМЫ С СОСЕДЯМИ/ДОМАШНИМИ ЖИВОТНЫМИ



Звоните: 916-389-7877

TTY: 800-855-7100

rentershelpline.org

Наши услуги бесплатно

Сакраменто посвящено защите прав арендатора и владельца и содействует справедливому выбору жилья.

City of
SACRAMENTO



RHA
RENTAL HOUSING
ASSOCIATION
of Sacramento Valley

SSH
SACRAMENTO SELF-HELP HOUSING



of Rancho
RANCHO CORDOVA
California



SACRAMENTO
COUNTY

CITRUS
HEIGHTS
CALIFORNIA



Youth Outreach Program

"To Promote and Advocate Youth Services"

AGES 15-25

Who are we?

- We are the Youth Outreach Representative for the Employment Development Department (EDD).

Why are we here?

- The Youth Outreach Representative was created to address the gaps in outreach.

What is our purpose?

- Our purpose is to promote and advocate youth services that the EDD and partner agencies provide throughout the community.
- Schools, community based organizations and other entities that serve youth should be familiar with all youth services and resources available.
- The Youth Outreach Representative's focus is to provide a wide range of information regarding employment, training and supportive services available in the Local Workforce Development Area (LWDA), not limited to EDD services.

CONTACT:

Richard Thornhill
Richard.thornhill@edd.ca.gov
(916) 227-0367
Raylene Switzer
Raylene.switzer@edd.ca.gov
(916) 227-1927

OFFICE LOCATION:

Mark Sander America's Job Center
2901 50th Street, Sacramento CA,
95817
(916) 227-0301
Monday - Friday:
8:00 A.M. - 4:30 P.M.

The EDD, an equal opportunity employer/program, is a partner in this event. Auxiliary aids and services are available upon request to individuals with disabilities. Request for services, aids, and/or alternate formats need to be made prior to the event by calling (916) 227-0301. TTY users, please call the California Relay Service at 711.



KINSHIP SUPPORT SERVICES NAVIGATION PROGRAM

Serving Families in Sacramento County

~ Be Informed ~ Find Support ~ Make Connections



Are you raising an extended family member's child?

We support grandparents, aunts/uncles, siblings, other extended family members and close family friends **raising relative children** when their **birth parents cannot**.

We help you navigate the Child Welfare and other systems as well as provide supportive services and information with the goal of **strengthening your family!**

2750 Sutterville Road, Cottage #3

Sacramento, CA 95820

(916) 688-4750

South.Sacramento.Office@Lilliput.org

www.Lilliput.org

 LilliputFamilies

 Lilliput4Kids

 Lilliput

WHAT IS KINSHIP CARE? All the relationships on the front are "kinship care." Basically it occurs when a child is being raised by someone they know, other than their birth parents. Kinship care keeps children safe with their extended families when their birth parents are unable or unavailable to care for them.

WHAT IS KSSP? KSSP stands for Kinship Support Services Program. KSSP assists relative caregivers wishing to strengthen their families and protect the children in their care.

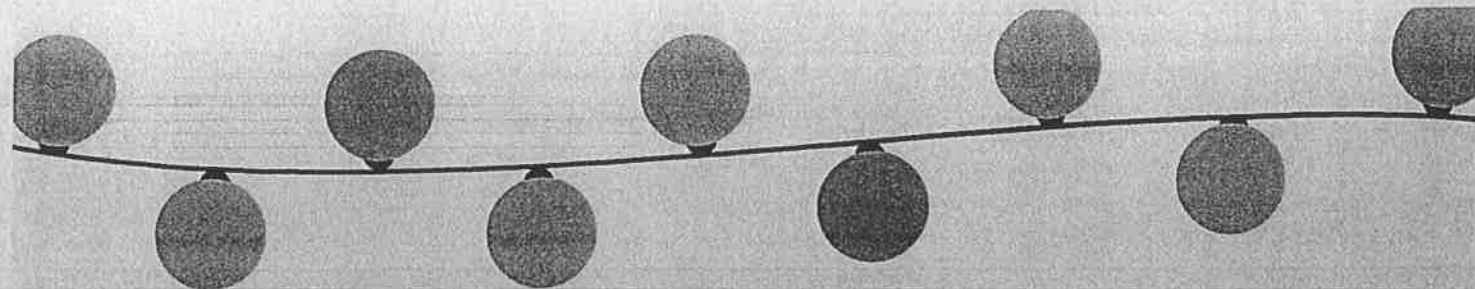
WHY KINSHIP SUPPORT?

- Raising a grandchild or other relative's child can be stressful.
- We'll guide you through the systems in your child's life – medical, mental health, educational.
- You can connect with other caregivers.
- We'll help you identify children's activities and recreational opportunities.
- All services and information are kept strictly confidential and are voluntary.

WHAT SERVICES ARE INCLUDED?

- Information & Referrals for Basic Needs
- In-Home Support
- Support Groups
- Family Activities
- Navigation of Systems
- Connection to Community Resources
- Advocacy
- Tutoring & Educational Referrals
- Legal Referrals
- Guardianship Assistance Workshops
- Information Regarding Permanency Options

WHAT IS THE COST? Services are free of charge. This program is funded by Sacramento County Health and Human Services Department, along with the local support of community-based organizations and generous donors.



North Sacramento FRC, Birth & Beyond

SAVE THE DATE FOR OUR FIRST ANNUAL

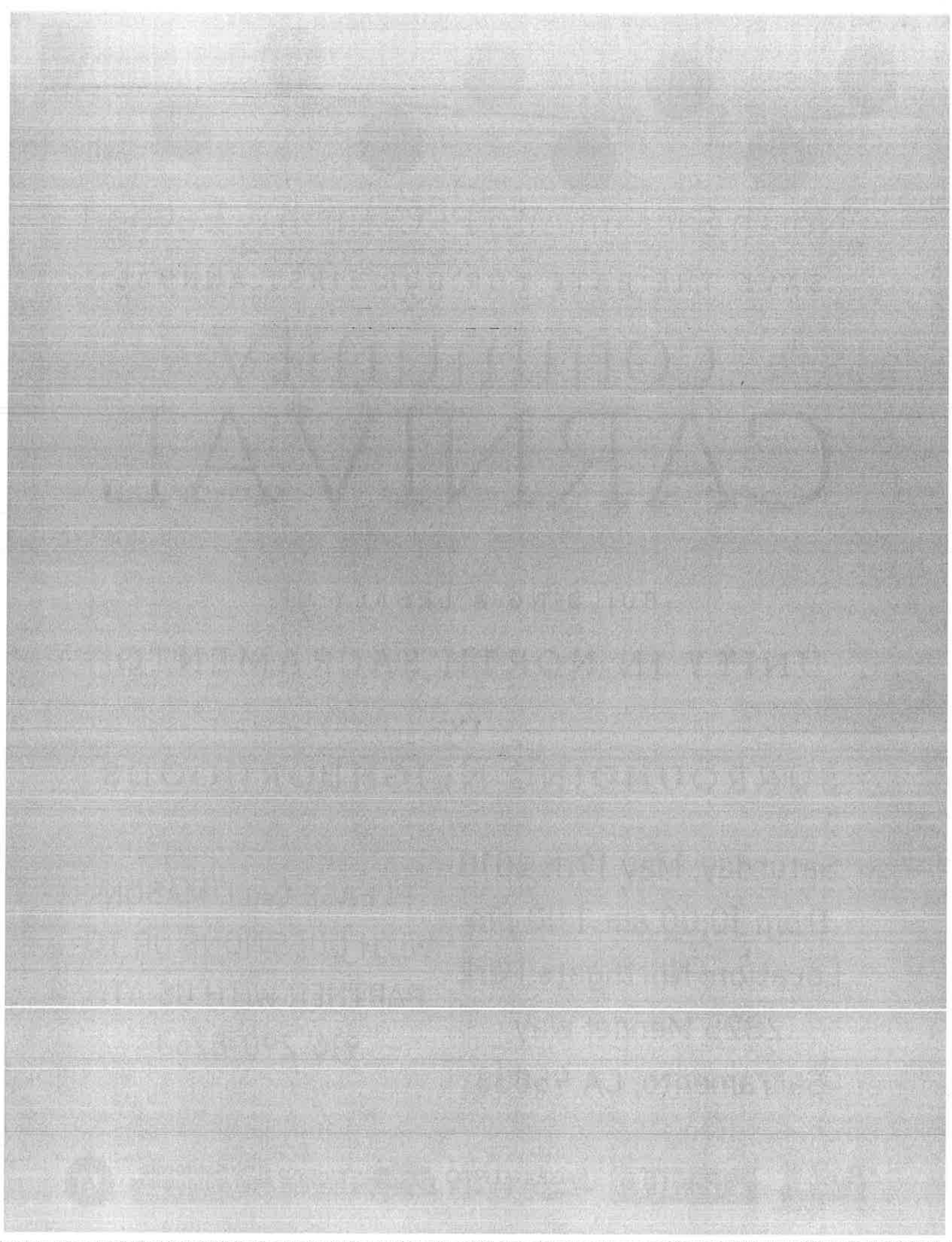
community CARNIVAL

BUILDING A LEGACY OF
UNITY IN NORTH SACRAMENTO
&
SURROUNDING NEIGHBORHOODS

Saturday, May 19th 2018
from 10:00 am-1:00 pm
Location: Northgate Park
2825 Mendel Way
Sacramento, CA 95833

PLEASE CALL MASON
WITH QUESTIONS OR TO
PARTNER WITH US AT:
916-290-8263





Women to Work Program

Helping women who have been abused to become more financially and personally capable.



- Do you need a job or a better paying job?
- Do you hope to find work that can help you gain a greater sense of independence?

If you are ready to get back on your feet, but do not know **where** and **how** to start, the My Sister's House - Women to Work Program can help you make this happen. We will assist you in finding that job, *every step of the way.*

For more information about this and other services, please call or leave a message for the program managers at (916) 930-0626.



My Sister's House

Mailing Address:

3053 Freeport Blvd., No. 120
Sacramento, CA 95818

Office: (916) 930-0626

Fax: (916) 930-0086

E-mail: info@my-sisters-house.org

Facebook:

www.facebook.com/mysistershouse

Twitter:

www.twitter.com/MySisters_House

24-Hour Multilingual

HELP LINE:

(916) 428-3271

www.my-sisters-house.org

My Sister's House

*Fighting Domestic Violence, Sexual
Assault and Human Trafficking
...One Step at a Time*



If you (or someone you know) suffer(s) from *abuse at home, is an immigrant or other underserved woman and wants help...*

CONTACT MY SISTER'S HOUSE

24-Hour Multilingual

HELP LINE: (916) 428-3271

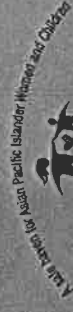
Office: (916) 930-0626

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E-mail: info@my-sisters-house.org

Mailing Address:

3053 Freeport Blvd., No. 120
Sacramento, CA 95818



My Sister's House



My Sister's House

My Sister's House is a private, non-profit 501(c)(3) organization. We are the only agency that specifically addresses the unique needs of Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault and human trafficking in the Sacramento region.

Our Mission

To serve Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking by providing a culturally appropriate and responsive safe haven, job training and community services.

Our Vision

To eliminate domestic violence, sexual assault and human trafficking in our community.

It doesn't matter...

- How old you are
- What country you come from
- What language(s) you speak
- How long you have been in the United States

Are you (or someone you know) a victim of an abusive relationship?

Does your partner...

- Push, kick, slap, or hit you?
- Threaten you with weapons?
- Deny you access to bank accounts, credit cards, cars, etc.
- Control all the money?
- Keep you from family and friends?
- Prevent you from working?
- Threaten you with deportation?
- Insult and humiliate you?
- Force you to have sex or engage in sexual activity against your own will?
- Blame you for causing the violence and abusive behavior?
- Threaten to hurt or take away the children?



Do you...

- Feel afraid of your partner?
- Feel unsafe around your partner?
- Afraid that nobody will believe you?
- Doubt your judgment or think you are going crazy.
- Feel depressed, trapped, and powerless?

If you answered YES to any of these questions, you should know that

- You are not alone; you do not have to suffer in silence
- You have the right to safety for you and your children
- Violence does not end without help; it only gets worse and more frequent
- Your children are being affected by the violence
- Your immigration status does not depend on staying with your spouse

My Sister's House HELP LINE

(916) 428-3271

24 Hours, Multilingual

Be sure to give your name, phone number and the language you speak.

Our services include:

- A Safe Haven (shelter) (up to 90 days) and a Transitional House (up to 2 years) for women and children
- Peer support and counseling
- Information and resources
- Language assistance
- Women to Work Program for domestic violence survivors of all ethnicities
- Legal assistance

CONTACT

Office: (916) 930-0626

Fax: (916) 930-0086

E-mail: info@my-sisters-house.org

Mailing Address:

**3053 Freepoint Blvd., No. 120
Sacramento, CA 95818**

A safe haven for Asian Pacific Islander Women and Children



My Sister's House

The mission of My Sister's House is to serve the needs of Asian and Pacific Islander women and children impacted by domestic violence by providing a culturally appropriate and responsive safe haven and community services.

My Sister's House serves domestic violence survivors of all ethnicities.

My Sister's Cafe is a volunteer-based support program for My Sister's House to help domestic violence survivors "get back on their feet" financially.

My Sister's House

24-hour Multilingual Help Line: (916) 428-3271

www.my-sisters-house.org



My Sister's Café

A Program of My Sister's House

Offering specialty coffees,
teas, smoothies, and food
with an Asian flair

Monday – Friday
8am to 4pm

455 Capitol Mall, #110

Phone: (916) 475-1864

www.mysisterscafe.org

COFFEE / ESPRESSO

Served hot or over ice. Add Vanilla, Caramel, or Raspberry syrup for 45¢!

Latte	sm 2.85 lg 3.65
Mocha/White Mocha	sm 3.25 lg 4.05
Cappuccino	sm 2.95 lg 3.75
Vietnamese Café Sua	sm 3.45 lg 4.45
Yuanyang	sm 2.75 lg 3.75
Daily Brew - Coffee	sm 1.50 lg 2.25

ICED TEA / BOBA / SMOOTHIES

Tea Flavors: Strawberry, Lychee, Mango, Passion Fruit, and Honeydew

Boba Tea	sm 3.25 lg 4.05
Boba Milk Tea	sm 3.50 lg 4.25
Green or Black Iced Tea (Plain)	sm 1.95 lg 2.50
Smoothie (ask for flavors)	sm 3.45 lg 4.25

SPECIALTY HOT TEAS

Many Asian cultures around the world enjoy tea as a part of their day. Try one of our many specialty loose leaf teas that are packed fresh to order.

Golden Grapefruit Green and black tea with delicate hints of grapefruit	sm 1.95 lg 2.50
Toasted Almond Cookie Black tea with hints of almonds and cinnamon	
Vanilla Chai Spice Black tea with hints of almonds, cloves, cardamom, and ginger	
Papaya Mango Mate Green tea rooibos with papaya, apple, and lemongrass	
Assam Full-bodied black tea popular in India	
Pick Me Up blend of lemongrass, blackberry, rosehips, hibiscus and peppermint	
Decaf Green Tea Decaffeinated green Sencha tea	

BREAKFAST

Sunrise Sandwich	6.49
Croissant with Turkey or Sausage, egg, and cheddar with a side of fruit salad.	
Quiche	5.99
A slice of our own house-made quiche with a side of fruit salad.	
Fruit & Granola Parfait	4.29
Yogurt, fresh fruit, and your choice of regular or Gluten-Free granola topped with honey.	

SALADS

Chinese Chicken Salad	8.29
Romaine, red cabbage, cucumber, carrots, mandarin oranges, & chicken tossed in a sesame-ginger dressing and topped with sliced almonds and sesame sticks.	
Farmer's Market Salad	6.99
Mixed greens, carrots, sweet corn, artichoke hearts, and kidney beans	
Served with your choice of Ranch or Raspberry Vinaigrette dressing.	
Add chicken for \$2.	

Caesar Salad	5.49
Romaine lettuce, parmesan cheese, croutons, & Caesar dressing.	
Add chicken for \$2.	

SANDWICHES

Add chips and a soda for \$2	
Curry Chicken	5.99
Chicken salad blended with curry spices, golden raisins and crunchly celery. Served on your choice of bread, with lettuce, red onions and mayo. Pickle on the side.	
Banh Mi	5.29
Locally made Vietnamese baguette (toasted) served with your choice of shredded chicken, pork, or sliced tofu, pickled carrot and daikon, cucumber, cilantro, and jalapeños.	
Traditional Deli Sandwich	5.49
Choose from Turkey, Ham, Tuna, or Egg Salad. Served on your choice of bread with cheese, lettuce, tomato, onions, mayo, and mustard. Pickle on the side.	

WEEKLY SPECIALS

Check our Menu Boards to see what's new that week!

Soup of the Week	4.29
Appetizer Snack of the Week	3.99
Rice/Noodle Bowl of the Week	7.99
House-made Beverage of the Week	2.75

Don't see what you want on the menu???

Just ask and we'll see what we can do!

Free Wifi Available, Group Parties Welcome!